

# • F O U N D R Y •

WHERE WELLNESS TAKES SHAPE

February 2<sup>nd</sup>, 2024

## Foundry Surrey Update

This newsletter is emailed to members of the Foundry Surrey community and Leadership Tables including the Executive Leadership Table, Community Leadership Table, Operations Working Group, Service Stream Working Groups, Youth Engagement Leadership Table (YELT) and the Family Engagement Leadership Table (FELT) to keep our community up to date as we work together in planning and developing Foundry Surrey.



### Overview

As we barrel forward into 2024, we are grateful to our community's continued support of Foundry Surrey and cannot wait to open our doors.

### This is our year!

### Philanthropy

- Foundry Surrey received lots of support in the last couple of months from different foundations! We are continuously developing relationships with community and getting closer to reaching our philanthropy goals!
- Foundry Surrey is supported in part by **RBC Foundation through RBC Future Launch**. We are grateful for their generous grant of **\$25,000** which will support young people and their families in Surrey. Thank you for supporting Foundry Surrey!



[www.foundrybc.ca](http://www.foundrybc.ca)  
[www.foundrybc.ca/surrey](http://www.foundrybc.ca/surrey)



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- We are also excited to announce that we received a generous donation of **\$20,000** from Jennifer Temple's family foundation, **Gary and Gail Grelish Foundation**. A big thank you for supporting Foundry Surrey!
- We are also thankful for the generosity of the **Mathisen Family Foundation** and **The Hamber Foundation** for their grants to Foundry Surrey!
- 2024 is a big year for Foundry Surrey and we ask the community of Surrey to remember us when donating as **we are better together**.
- **Visit our hub to learn more about how to support and share it in your circles:**  
<https://www.powherhouse.com/foundry-surrey/>



## Partnership and Leadership Tables

### Working Groups

- With each of our service working groups, we have been having very exciting discussions and receiving valuable feedback on site development, and how our operations will look once we open our doors later this year. We have been focusing heavily on **service schedules that will meet the needs of our community** under the Foundry model. In the next few months, we will be adding members to each working group who can offer additional insight into direct service delivery.
- We have recently started up our **Peer Support Working Group** and have been thrilled with the level of enthusiasm and engagement from our members. We feel incredibly lucky to be working with such passionate advocates for Surrey youth and families and can't wait to see what develops moving forward.
- We are also expanding the membership of our **Social Services Working Group**, with meetings expected to start again in February. Stay tuned for more updates!

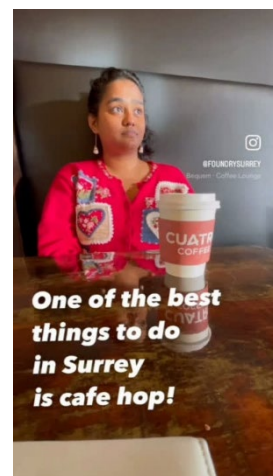
### Youth Engagement Leadership Table (YELT)

- The Youth Engagement Leadership Table (YELT) took a break from meeting in the last couple of months and instead had a virtual social in January! The group played Kahoot, watched Frosty the Snowman, and played interactive games



online. The social was a blast, and the table is looking forward to coming back together in February to inform Foundry Surrey's development and service provision!

- For the month of December, the YELT decided to create a reel featuring members' and staff's favourite cafes in Surrey! This was one of Foundry Surrey's top liked and top reached post on social media for the last couple of months. Check out the full reel on Foundry Surrey's [Instagram](#) and [Facebook](#) channels!

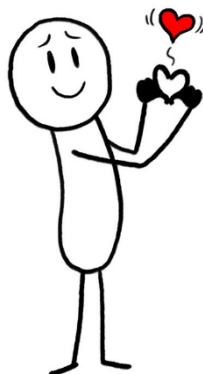


### Family Engagement Leadership Table (FELT)

- The Family Engagement Leadership Table (FELT) has continued to do fabulous work! As noted in our last newsletter, the FELT have committed to **spreading awareness of Foundry Surrey to caregivers of elementary and secondary students**. The FELT started this initiative in January by presenting on Foundry Surrey and Foundry Virtual Services to the **Surrey District #36 Parent Advisory Council**. This table is eager to continue spreading word of our upcoming centre – **if you are part of your school's Parent Advisory Council and would like us to present at your next meeting, please reach out!**
- As Foundry Surrey will be opening later this year, the FELT asked members **what they are hoping to see at the centre**. Please find their heartfelt answers below:

"A welcoming and safe place where both youth and their adult support person/people will receive support for their needs, to be listened to, to be met where they are, and to know they are important and will be respected."

- Crista



"I am excited for this beautiful space to open up and be a place where youth can feel safe, supported, and welcomed to get their needs met based on what they need as individuals."

- Jagdeep

"A safe place for Surrey's youth to be accepted for who they are, to get support for their needs, to be listened to, to know they are important and respected."

- Chris

"I would like to see a place where youth can walk in and be immediately enveloped in love, support, and acceptance. A place to find answers to questions and to provide comfort through pain. My hope is that Foundry Surrey is where youth and their loved ones can find someone with lived experience willing to walk alongside them during difficult times."

- Selena

## Peer & Community Engagement and Communications

- On **November 30<sup>th</sup>, 2023**, we presented to the **Healthier Communities Partnership Table** (made up of different organizations in Surrey) on Foundry Surrey and the needs we have heard from service providers, families, and youth in community. In the upcoming months, a working group created from this table and Foundry Surrey will meet again to discuss **how to support these community needs**.
- On **December 4<sup>th</sup>, 2023**, Jen, Director of Foundry Surrey, and Steve Atkinson, PCRS CEO, presented at the **City of Surrey Council meeting** on the upcoming Foundry Surrey centre and how it will empower and support the wellbeing of youth and families in community.



## Foundry Network

- As Foundry Surrey comes closer and closer to opening, we have been visiting operating Foundry centres to learn more about their unique sites and services. In January, we went to **Foundry Langley** where we received so much helpful information and guidance for our development! A huge thank you to the staff for graciously providing us with a tour and answering all our questions. Check out Foundry Langley's beautiful site below:



## Summary, Timeline and Next Steps

### Did You Know?

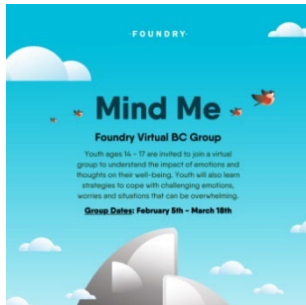


<b>Site</b>	Continuing full steam ahead!
<b>Community Presentations</b>	Continuous
<b>Executive Leadership Table</b>	Meeting TBD
<b>Community Leadership Table</b>	Quarterly meetings; meeting TBD
<b>Operational Working Group</b>	Meetings every eight weeks; next on Feb 21, 2024
<b>Primary Care Working Group</b>	Meetings paused for 6 weeks
<b>Mental Health &amp; Substance Use Working Group</b>	Biweekly meetings; next on Feb 6, 2024
<b>Social Services Working Group</b>	Next on Feb 14, 2024
<b>Peer Support Working Group</b>	Triweekly meetings; next meeting on Feb 15, 2024
<b>Youth Focus Group</b>	TBD
<b>Family Focus Group</b>	TBD
<b>Youth Engagement Leadership Table</b>	Feb 15, 2024
<b>Family Engagement Leadership Table</b>	Feb 13, 2024
<b>Philanthropy</b>	Capital Campaign in progress

- Did you know that the Foundry website has an abundance of information and tools for mental health, substance use, healthy living, everyday life, and tough topics? Learn how to recognize and respond to an overdose, find coping strategies for anxiety, and more at <https://foundrybc.ca/>.
  - Also make sure to check out Foundry's engaging stories and articles on recent events and common youth concerns!
- Did you know that Foundry Virtual has groups and workshops that you can attend online right now?
  - Find more groups and workshops and register for them through the following link: <https://foundrybc.ca/virtual/groups-workshops/>

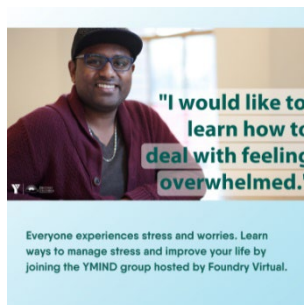


## NEW Groups and Workshops



### MIND ME

- This workshop aims to support youth who are dealing with low mood and/or anxiety by helping them learn more about worries, anxiety, and depression and understand the impact of emotions and thoughts on our well-being as well as learn coping strategies.
- For youth ages 14-17.
- **Runs virtually from Feb 5<sup>th</sup> to March 18<sup>th</sup> from 4:00-5:30pm.**



### YMIND

- A seven-week program for young people experiencing symptoms of anxiety to learn and practice evidence-based strategies to increase coping.
- For youth ages 18-24.
- **Runs virtually on Thursdays from Feb 29<sup>th</sup> to April 11<sup>th</sup> from 3:30-6:00pm.**

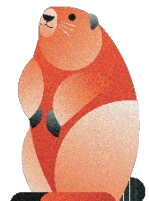


### CAREGIVERS SUPPORT

- A drop-in group for BC caregivers to connect with other caregivers in a safe, inclusive, and confidential space. This group is facilitated by two caregivers with lived experience supporting youth with various mental health and substance use challenges. Topics discussed each group will vary.
- For BC caregivers who are supporting a young person between the ages of 12-24.
- **Runs virtually on Wednesdays biweekly from 7:30-9:00pm, next one on Feb 7<sup>th</sup>.**

## Actions

- **Support Foundry Surrey's Capital Campaign!** → Check out [Foundry Surrey's "Better Together" Hub](#) to learn more about Foundry Surrey, our capital campaign, and how you can get involved!
- **Engage with Us!** → complete and share these surveys with the youth, family members, and caregivers you know in Surrey!
  - [YOUTH ENGAGEMENT INTEREST SURVEY](#) or [FAMILY MEMBER/CAREGIVER ENGAGEMENT INTEREST SURVEY](#).
- **Foundry Surrey Video** → Share our Foundry Surrey video now live on [YouTube!](#)
- **Social Media** → Follow us on [Facebook](#) and [Instagram!](#)



- **Foundry BC Virtual** → [Download the Foundry App](#) or [visit Foundry Virtual online](#) to explore virtual services available to community now.
- **Community Feedback Survey** → complete and share [this survey](#) with your networks!
- **Community Engagement** → if you would like us to present or booth, please contact Debora!
- **Community Tables** → if you know of others who would like to be a part of our community tables, please contact either Karen or Debora!
- **Cheerlead** → let's keep talking about all the possibilities of what Foundry Surrey can be to support youth and their families!

## Contact



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